Konkurencja 12 — Mężczyzn, 400m dowolny — 11 lat i starsi
21.11.2026 - 13:19 — Wyniki

Punkty: AQUA 2025

Pozycja		Wiek								Czas	Pkt.
11 lat											
1.	ASZKIELANIEC Filip	11	UKS ,,Frog" Giżycko							**6:08.84**	190
	50m: 40.39	40.39	150m: 2:13.53	47.82	250m: 3:49.93	48.74	350m: 5:26.43	47.80			
	100m: 1:25.71	45.32	200m: 3:01.19	47.66	300m: 4:38.63	48.70	400m: 6:08.84	42.41			
2.	PIEŚNIAK Igor	11	MTP Kormoran Olsztyn							**6:29.02**	162
	50m: 42.42	42.42	150m: 2:20.79	49.93	250m: 4:00.26	48.99	350m: 5:40.81	50.16			
	100m: 1:30.86	48.44	200m: 3:11.27	50.48	300m: 4:50.65	50.39	400m: 6:29.02	48.21			
3.	LUDWICKI Aleksander	11	KS Płetwal Szczytno							**6:33.22**	157
	50m: 42.85	42.85	150m: 2:24.42	51.45	250m: 4:07.03	51.13	350m: 5:47.56	49.34			
	100m: 1:32.97	50.12	200m: 3:15.90	51.48	300m: 4:58.22	51.19	400m: 6:33.22	45.66			
4.	KONIECZKO Maksym	11	SSP ,,Orka" Iława							**6:49.04**	139
	50m: 43.75	43.75	150m: 2:26.68	52.57	250m: 4:12.40	53.07	350m: 5:59.11	52.83			
	100m: 1:34.11	50.36	200m: 3:19.33	52.65	300m: 5:06.28	53.88	400m: 6:49.04	49.93			
12 lat											
1.	GROMADKA Gniewomir	12	SSP ,,Orka" Iława							**5:47.15**	228
	50m: 39.18	39.18	150m: 2:08.36	44.99	250m: 3:39.88	45.52	350m: 5:07.87	43.63			
	100m: 1:23.37	44.19	200m: 2:54.36	46.00	300m: 4:24.24	44.36	400m: 5:47.15	39.28			
2.	MARCISZEWSKI Aleksander	12	UKS ,,Frog" Giżycko							**5:56.75**	210
	50m: 37.45	37.45	150m: 2:08.18	46.96	250m: 3:41.52	47.17	350m: 5:13.61	45.96			
	100m: 1:21.22	43.77	200m: 2:54.35	46.17	300m: 4:27.65	46.13	400m: 5:56.75	43.14			
3.	PANASIK Piotr	12	UKS ,,Frog" Giżycko							**6:07.06**	193
	50m: 41.57	41.57	150m:		250m:		350m:				
	100m: 1:27.14	45.57	200m:		300m:		400m: 6:07.06				
DYSKW.	ZALECH Mikołaj	12	MTP Kormoran Olsztyn							**5:07.75**	
	O1										
	50m: 33.07	33.07	150m: 1:50.25	39.94	250m: 3:11.05	39.91	350m: 4:30.96	39.44			
	100m: 1:10.31	37.24	200m: 2:31.14	40.89	300m: 3:51.52	40.47	400m: 5:07.75	36.79			
13 lat											
1.	RESZKA Adam	13	UKP Jedynka Elbląg							**4:33.04**	469
	50m: 29.91	29.91	150m: 1:39.24	35.04	250m: 2:50.61	35.81	350m: 4:01.54	35.46			
	100m: 1:04.20	34.29	200m: 2:14.80	35.56	300m: 3:26.08	35.47	400m: 4:33.04	31.50			
2.	SZOSTAWICKI Tomasz	13	MTP Kormoran Olsztyn							**4:41.03**	430
	50m: 32.72	32.72	150m: 1:44.96	36.20	250m: 2:57.05	36.07	350m: 4:07.76	35.16			
	100m: 1:08.76	36.04	200m: 2:20.98	36.02	300m: 3:32.60	35.55	400m: 4:41.03	33.27			
3.	GROMEK Szymon	13	MTP Kormoran Olsztyn							**4:48.26**	399
	50m: 32.83	32.83	150m: 1:39.33	30.17	250m: 2:59.82	37.15	350m: 4:13.56	36.64			
	100m: 1:09.16	36.33	200m: 2:22.67	43.34	300m: 3:36.92	37.10	400m: 4:48.26	34.70			
14 lat											
1.	TUNKIEWICZ Piotr	14	MTP Kormoran Olsztyn							**4:25.51**	510
	50m: 31.02	31.02	150m: 1:38.07	33.41	250m: 2:45.52	33.90	350m: 3:53.19	33.83			
	100m: 1:04.66	33.64	200m: 2:11.62	33.55	300m: 3:19.36	33.84	400m: 4:25.51	32.32			
2.	RAC Mikołaj	14	MTP Kormoran Olsztyn							**4:36.81**	450
	50m: 30.89	30.89	150m: 1:40.04	35.15	250m: 2:51.37	35.81	350m: 4:02.63	35.55			
	100m: 1:04.89	34.00	200m: 2:15.56	35.52	300m: 3:27.08	35.71	400m: 4:36.81	34.18			

Konkurencja 12, Chłopców, 400m dowolny, 14 lat

Pozycja		Wiek									Czas	Pkt.
3.	GIECZEWSKI Julian	14	UKS ,,Frog" Giżycko								**4:40.15**	434
	50m:	30.57	30.57	150m:	1:40.69	35.82	250m:	2:52.43	36.15	350m:	4:05.18	36.43
	100m:	1:04.87	34.30	200m:	2:16.28	35.59	300m:	3:28.75	36.32	400m:	4:40.15	34.97
4.	FIC Maksymilian	14	MTP Kormoran Olsztyn								**4:51.92**	384
	50m:	31.66	31.66	150m:	1:43.72	36.53	250m:	2:58.94	37.51	350m:	4:15.78	38.60
	100m:	1:07.19	35.53	200m:	2:21.43	37.71	300m:	3:37.18	38.24	400m:	4:51.92	36.14
5.	JAKOWICZ Kuba	14	UKS ,,Frog" Giżycko								**5:02.20**	346
	50m:	32.79	32.79	150m:	1:47.94	38.57	250m:	3:07.39	39.77	350m:	4:25.82	38.33
	100m:	1:09.37	36.58	200m:	2:27.62	39.68	300m:	3:47.49	40.10	400m:	5:02.20	36.38

15 lat i starsi

1.	GNACZYŃSKI Michał	19	MTP Kormoran Olsztyn								**4:01.11**	682
	50m:	27.20	27.20	150m:	1:27.41	30.43	250m:	2:28.64	30.70	350m:	3:30.66	31.07
	100m:	56.98	29.78	200m:	1:57.94	30.53	300m:	2:59.59	30.95	400m:	4:01.11	30.45
2.	TOMCZYK Jan	19	SSP ,,Orka" Iława								**4:19.83**	545
	50m:	27.95	27.95	150m:	1:32.53	32.53	250m:	2:39.25	33.57	350m:	3:47.43	34.06
	100m:	1:00.00	32.05	200m:	2:05.68	33.15	300m:	3:13.37	34.12	400m:	4:19.83	32.40
3.	WALKIEWICZ Juliusz	15	MUKS Piorun Gołdap								**4:34.68**	461
	50m:	30.97	30.97	150m:	1:39.31	34.43	250m:	2:49.86	35.30	350m:	4:01.35	35.75
	100m:	1:04.88	33.91	200m:	2:14.56	35.25	300m:	3:25.60	35.74	400m:	4:34.68	33.33
4.	RÒŻALSKI Kamil	15	UKP Jedynka Elbląg								**4:35.39**	457
	50m:	30.94	30.94	150m:	1:40.44	34.98	250m:	2:51.18	35.19	350m:	4:02.48	35.53
	100m:	1:05.46	34.52	200m:	2:15.99	35.55	300m:	3:26.95	35.77	400m:	4:35.39	32.91
PK	OWCZAREK Kacper	13	UKS Piątka Konstantynów Łódzki								**4:28.34**	494
	50m:	30.12	30.12	150m:	1:39.35	34.72	250m:	2:47.80	33.75	350m:	3:55.87	33.74
	100m:	1:04.63	34.51	200m:	2:14.05	34.70	300m:	3:22.13	34.33	400m:	4:28.34	32.47
PK	KULAS Oskar	13	UKS Tri-Team Rumia								**5:02.24**	346
	50m:	33.19	33.19	150m:	1:49.09	38.69	250m:	3:08.28	39.52	350m:	4:25.61	37.70
	100m:	1:10.40	37.21	200m:	2:28.76	39.67	300m:	3:47.91	39.63	400m:	5:02.24	36.63